



Annual
Report
2020

Over 20 years of

BOLD
impact

Communities Transformed For Sustainable Health

TABLE OF
CONTENTS

04

MESSAGES FROM
CHAIRMAN BOARD OF
DIRECTORS AND ED

12

MILDMAY FOCUS TO
HELP UGANDA

06

ABOUT US

14

ENGAGING COMMUNITIES
TO SAVE LIVES

08

OUR IMPACT REACH

15

ENSURING CONTINUITY
OF QUALITY LIFE
DURING COVID-19

11

LONG LIFE BOLD IMPACT

17

SKILLING HUMAN
RESOURCES FOR HEALTH

19

STRENGTHENING
LOCAL SYSTEMS FOR
RESTORING HOPE OF THE
DISABLED CHILDREN

20

PUTTING THE GIRL
CHILD AT THE CENTER
OF HIV FIGHT

23

COST OF OUR RESPONSE



Message from the Chairman Board of Directors

We were still grappling with the shocks and challenges that came with the outbreak of the HIV-AIDS epidemic in Uganda, when 2020 presented the unprecedented challenges associated with the COVID-19 Pandemic. We started the year anticipating a normal dispensation characterised by successes built on plans that had little to do with virtual connection, keeping social distance, wearing masks and restricted interaction with key stakeholders, as has been the case in previous years.

With COVID-19, we and the entire world have been forced to think and act virtually, review existing strategies and plans in order to continue to provide our customers, clients, patients and communities with accessible quality health care, affordable education services and research innovations. This is still possible even in the NEW NORMAL!

The Mildmay Uganda Group continues to make a great impact despite the challenges ushered in by the COVID-19 pandemic. The resilience of board members, staff and volunteers' teams is outstanding! We celebrate our partners for trusting and walking with us on this journey. To our beneficiaries, you are our heroes. We thank the LORD for the opportunity to know and work with you!

In 2021, we commit to continue contributing to efforts to strengthen the health system in Uganda by influencing health policy decisions through research and by graduating health professionals with innovative mind-sets that will create a sustainable impact through family-centered, community-based models. We are looking forward to communities transformed for sustainable health.

Happy New Year!

Happy New Year!

A handwritten signature in black ink, appearing to read 'Sam Luboga'. The signature is stylized and somewhat abstract, with overlapping loops and lines.

Prof. Sam Luboga
Board Chair
Mildmay Uganda Group.



Message from the Executive Director

In 2020, we reached two million two hundred and thirty-nine thousand, six hundred and sixty-four beneficiaries with our interventions in prevention, care, and treatment of priority health issues in Uganda. The impact created in the year is a great testimony of the hand of God in our work, resilient teams, generous financial and other support from all our partners, and the trust of our beneficiaries/customers and their families.

We continue to see evidence of growth across the Mildmay Uganda Group – Mildmay Uganda Hospital (MUgH), Mildmay Institute of Health Sciences (MIHS), Mildmay Uganda Research Centre (MURC) and the Programs. The NEW NORMAL presented by the COVID-19 pandemic has built our resolve not only to survive but to thrive as we apply ourselves to the experience of a life-threatening pandemic on top of all the pre-existing challenges of our health system in Uganda. In partnership with our Funders, Line Ministries, and other Partners, we are particularly determined to maintain the gains in our fight towards HIV epidemic control. Each of those children tested, adolescent girls and young women put on life-saving Antiretroviral Treatment (ART), men found and enrolled in care, is a LIFE SAVED!

Mildmay Uganda Hospital has adapted herself to support national efforts to provide quality care and testing for COVID-19 with great boldness while continuing to provide quality care for People Living with HIV and the Public. Mildmay Uganda Research and Ethics Committee (MUREC) kept her accreditation with Uganda National Council of Science and Technology (UNCST), the Mildmay Laboratory ISO 15189 certification was renewed in the period and Mildmay Uganda acquired ISO 9001 2015 certification. The Institute was accredited for online studies and continues to contribute to the expansion of the Health Workforce in the Country. The impact of COVID on our systems, processes, and the families of our staff and beneficiaries cannot be denied. Our attitude through the period has remained that we are in this situation by God's appointment, in His keeping, under His training for the period He has assigned.

The Mildmay Uganda Board continues to be the campus that points Management in the direction that we go. A critical focus on the customer to audit and feedback to our 'quality of service' has been instrumental on our journey. 'Operational efficiency', and emphasis on a 'culture of execution' at all levels within our organisation are important to us as we strive to deliver our promise to both our donors and all those who have come to us for a service. Our staff and their families are the direct link with our clients/customers and making the investment in capacity building in various productivity spheres for them remains pivotal.

Thank you for your continued support to Mildmay Uganda!

For God and My Country

Happy and blessed 2021!

Dr. Barbara Mukasa
Executive Director
Mildmay Uganda.

WHO WE ARE

Since 1998, Mildmay Uganda has modelled bold strategies to strengthen health systems that support thousands of vulnerable Ugandan to live longer and healthy. Our efforts aim to build on local capacity of communities we serve to take charge of their own life purpose and health. Through training human resources for health, creating evidence for decision-making and strengthening health systems, **we create bold impact.**

OUR COMMITMENT

Creating bold impact demands us to stay highly accountable to both people we serve and our partners who support the work we do. We do this by ensuring delivery of quality effective services and maximising the impact of each dollar invested in our work. Over the years, we have established internal systems and values that we believe will spur us to even greater level of accountability. We commit to adhere to our values. **We commit to saving lives.**

HOW WE WORK

We believe in helping and supporting communities to use what they already have to trigger their capacity to change and build health systems that work for them using a family centred approach.

We believe that to ensure sustainability for our impact, every intervention we undertake, we have listened to all our stakeholders from government ministries, private sector, civil actors and beneficiary communities.

We believe that when women and children are free from disease, they have enough time to attend to their life work and aspirations thereby achieving resilience and protection from shocks of life.





Our Impact reach

2,239,664

Individuals reached with
at least one service

**Our proven
interventions averted;**

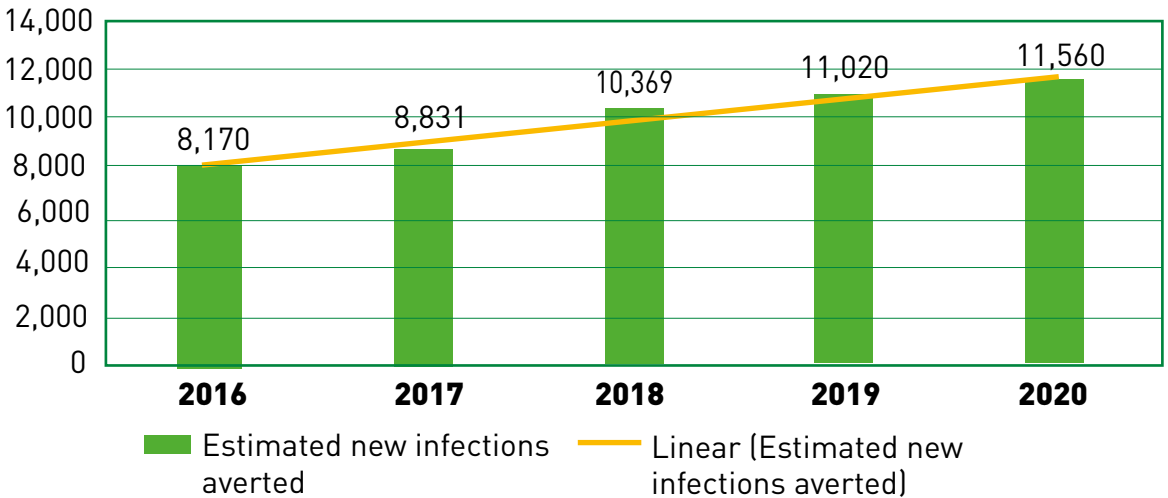
1,139,384

Estimated DALYs (Disability adjusted
life years)



11,560

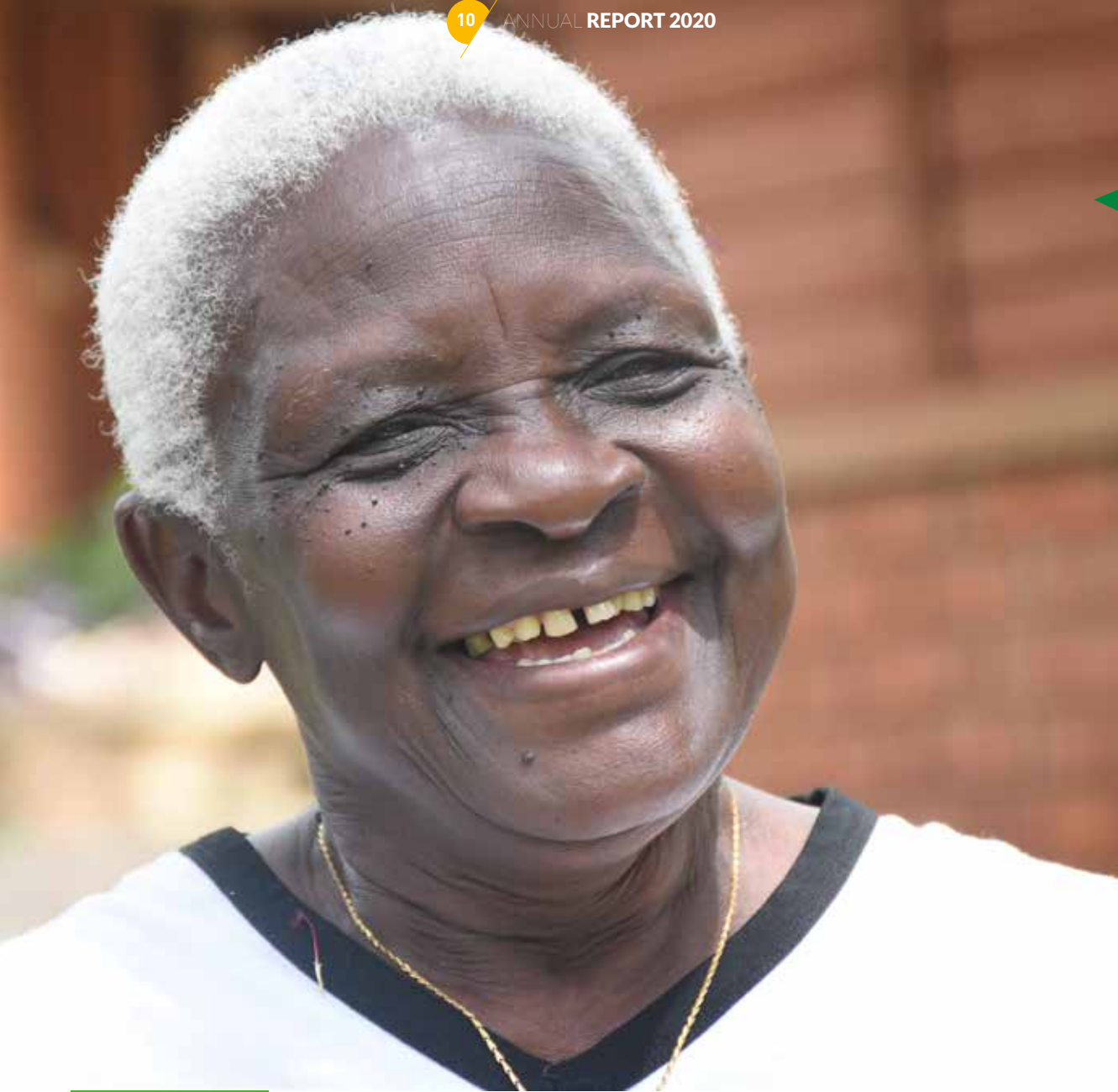
ESTIMATED NEW INFECTIONS OF HIV AVERTED



31

Partners supported by Mildmay Uganda to create sustainable impact





Credit: **Mildmay Uganda**

19,618

people above 50 years that are living with HIV and are supported by Mildmay for more than 20 years made possible through generous funding by the Center for Disease Control (CDC) and the President's Emergency Plan for AIDS Relief (PEPFAR).

LONG LIFE BOLD IMPACT

I have good life and better life ahead of me' MARIAM KITYO MBABAALI, 69, beaming with joy narrates. A retired midwife from Bunamwaya - Wakiso District who has thrived on the lifesaving drugs (ARVs) since the death of her husband in 1998.

"After the death of my husband in 1998, I was sickly for over ten years and underweight. I was suspicious of my HIV status since my late husband had multiple sexual partners; I thought I was going to die anytime," she says. "I was in and out of hospital, with very poor appetite and barely eating."

Mariam's condition kept on deteriorating by the day that it attracted keen interest from her children who talked her into taking an HIV test.

"My eldest child suggested that I take an HIV test to establish my poor health, so I came to Mildmay Uganda Hospital where I tested positive for HIV," Mariam narrates. "I was so worried, I felt I was going to die the next day, but the counsellors did a great job, comforted me and told me everything would be alright."

Mariam was immediately enrolled on antiretroviral therapy, and now enjoys a healthy life. To ensure her mind was at peace with no worry, she was enrolled on the Elderly Persons Support Group where she received skills on Income Generation, Self-Care with positive living and dignity, and all forms of psychosocial support. Mariam is currently the Chairperson of the Elderly Support Group and a representative of the elderly on the Mildmay Uganda Client Council- **Bold impact**

"My decision to disclose to my children provided the support system I needed to take my drugs well. I encourage everyone to test for HIV and start lifesaving drugs when found positive."

Mariam is one among 19,618 people above 50 years that are living with HIV and are supported by Mildmay for more than 20 years made possible through generous funding by the Center for Disease Control (CDC) and the President's Emergency Plan for AIDS Relief (PEPFAR).

Mildmay Uganda Is Focused To Helping Uganda Improve The Quality Of Life Of Ugandans In Alignment With The First Five Sustainable Development Goals



1 NO POVERTY



32,277

Households served on the economic strengthening program

2,890

Individuals on the program supported to attain economic resilience



2 ZERO HUNGER



821

Individuals served on the food security Program

2,356

Individuals received agribusiness skills, linked to agri-value chain

3 GOOD HEALTH AND WELL-BEING



666,962

Individuals tested for HIV and received their results

120,480



Individuals supported on life saving drugs (ARVS)

139,914



Pregnant mothers supported on the eMTCT program

51,741



Males aged 10-35 received VMMC for HIV prevention

23,293



Individuals tested HIV positive and enrolled on ART

1,872



Individuals received TB treatment

18,476



KPs received a standard HIV prevention package

4 QUALITY EDUCATION



1015

Health Care workers trained and graduated with certificates, diplomas and degrees



205

Health workers supported on the placement and short course program

5 GENDER EQUALITY



28,002

Individuals received Gender mainstreaming training and SARS



4,866

Individuals received gender based violence prevention services



4,325

Individuals received post gender violence care



Credit: Mildmay Uganda

ENGAGING COMMUNITIES TO SAVE LIVES

New borns remain the most vulnerable population in the world. In Uganda, preterm birth contributes directly to 25 percent of all neonatal deaths. Uganda is the 28th country worldwide with the highest preterm births rate estimated at 13.6 per 1000 live. Although significant strides to avert the situation have been recorded, the health care system in Uganda remains sub-optimal to fully respond to this high risk faced by new-borns. Mildmay Uganda Hospital is contributing to the cause by setting up

73,864

Skilled birth attendance supported



Credit: Mildmay Uganda

a specialised neonatal unit to manage premature babies through community-based fundraising initiatives. We believe that small steps taken by the community build sustainable bold impact.

7,015

Children received health care at Mildmay Uganda Hospital

ENSURING CONTINUITY OF QUALITY LIFE DURING COVID-19

“When the lockdown was announced, I thought it was the end of my quality life” narrates Johnson Kiwanuka (not real names). Johnson who has been receiving life saving drugs (ARVs) from Mildmay Uganda for the last 12 years uninterrupted could not hide his joy when he received all his drugs through a ride my way agent.

Following the COVID-19 lock down restrictions in movement, Mildmay implemented innovative strategies with the aim of ensuring that clients in care accessed their ARVs. The ‘**Ride My Way**’, ‘Boat Ride’ strategy and integration of ART delivery with OVC services. The ‘Ride My Way’ was implemented in all the 8 districts whereas ‘Boat Ride’ was restricted to Nakasongola district because of the floods from Lake Kyoga.

Clients were provided with continued quality services depending on their preference. Some preferred to converge at community centers whereas other preferred delivery at their homes. Over 10,000 clients received their drugs through ride my way agents who delivered drugs using motorcycles and bicycles- bold impact.



10,000

Clients supported on drive my way

46

Facilities registered for ride my way, boat ride strategy.

642

TB patients supported.



MILDMAY UGANDA

COVID-19

TESTING SERVICES

Available at Mildmay Uganda Hospital

Customer Care: **0800920202**
 Ambulance Services: **0755317327**
 Patient Helpline: **0778603440**

Mildmay Uganda Hospital +256 759 801 112 Mildmay Uganda Hospital
 www.mildmay.or.ug



“I have been able to adhere to my drugs together with my wife through the lockdown period. We are grateful to our VHT and the support staff at Mildmay who kept following up.” The Strategy helped mothers, orphans and vulnerable children and TB patients access their care from their convenient places. 46 Facilities registered for ride my way, boat ride strategy. 10,000 Clients supported on drive my way 292 Orphans and vulnerable children supported. 454 mothers accessed PMTCT services. 642 TB patients supported.

The COVID-19 pandemic came with a myriad of challenges to the health system in Uganda. Affecting all service delivery units. The HIV unit is one that requires consistent availability of all supporting mechanisms to ensure consistent delivery of chronic care. Mubende regional referral hospital is a COVID-19 treatment center and serves over 6,000 clients on life saving drugs with Support from Mildmay Uganda. The hospital had a long standing challenge of connectivity to the national power grid that hampered care delivery to the COVID-patients. Mildmay Uganda supported the hospital with a 65KVA generator to enable un-interrupted care to COVID-19 patients and support other hospital units.

“This asset will help us to deliver quality care to our clients especially during this unprecedented COVID-19 times” Dr Alex Andema, the Director hospital commented.

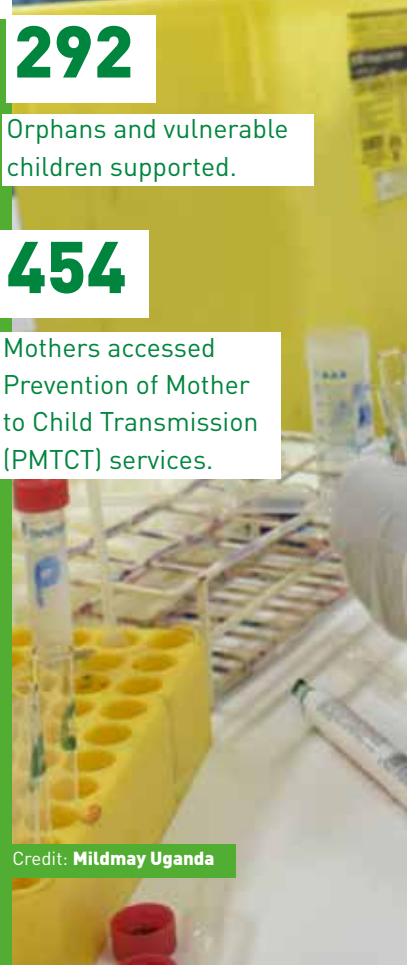
292

Orphans and vulnerable children supported.

454

Mothers accessed Prevention of Mother to Child Transmission (PMTCT) services.

Credit: **Mildmay Uganda**



SKILLING HUMAN RESOURCES FOR HEALTH

We believe that there can never be health care without skilled health care providers and that the importance of human resources in health systems needs not to be over-emphasized. Adequate skilled human resources for health remains one of the greatest challenges facing the health sector in Uganda, impeding the goal of quality health care for all, good health, and wellbeing. Mildmay Uganda is committed to contributing to national efforts towards skilling health care providers through training critical cadres like Nurses, clinicians, and laboratory technologists.

We enroll people who have a passion for changing lives using their skills, we trigger their potential to become leaders in health care service delivery in the communities they live.

“I had a dream to become a nurse and care for vulnerable people. I’m happy my dream was made possible here at Mildmay Uganda institute of health sciences narrates Janat Khainza, 21 Enrolled Nurse. Janat remembers vividly moments she acted out as a nurse alongside her siblings and friends in her infancy. In 2016 on completion of her secondary education, Janat got a chance to pursue her dream after she was admitted at the Mildmay Institute of Health Sciences (MIHS) to pursue a Certificate in Nursing and Midwifery.

In 2019, after two-and-a-half years of vigorous study that included nursing practice sessions at Entebbe, Butabika and Kisubi Hospitals, Janat graduated with a Certificate in Nursing. On the day, she was presented with an award of Best Practical and Most Disciplined Nurse in her class. Her great effort throughout her years of study did not go unnoticed. Janat was recommended to work at the Mildmay Uganda Hospital. “It was a great moment for me



and my family when I received the news,” she says. “I was happy to practice my skills, and at a place that had made me the person that I am.”

For all her achievements, Janat credits the Institute for molding her, and classmates into the health professionals they are.

“The Institute provided a great atmosphere that allowed us to excel in our studies,” Janat says. “The tutors were well knowledgeable and passed on the right information, and this has meant that I find my work easy as I practice now, for all that I was taught is what I am encountering now – I was well prepared for it.” Janat also credits the well-equipped state-of-the-art modern training, learning, practicing and skills laboratories at the Mildmay Institute of Health Sciences for “giving hands-on experience in managing medical cases that come with one being a nurse.”

Janat Khaiza is one of the of students who have gone through the Mildmay Institute of Health Sciences (MIHS) and have curved out successful careers as health professionals across Uganda. MIHS prides in delivering high quality health educational programmes modelled around evidence.



Credit: Mildmay Uganda

STRENGTHENING LOCAL SYSTEMS FOR RESTORING HOPE OF CHILDREN WITH DISABILITY

30%

Increase in disability detection and manage

10%

Increase in Skilled birth attendance.

1,047

Children with disability Identified from Community and referred for Management

417

Children with disability supported with assistive devices.

43

Integrated Family support groups formed

In Uganda, 5.82% of children born every year have at least one form of disability. It is estimated that 2,027,148 children are living with disability. Children with disabilities face myriad economic, political, and social barriers that have an adverse impact on their physical, social and intellectual development and wellbeing. They do not have access to the most basic needs such as health services and education, experience multiple deprivations even within their family and are invisible in many community engagement interventions and stakeholder planning frameworks. Mildmay Uganda is working with local governments, and other role bearers to strengthen an enabling system that is restoring the hope of children born with disabilities in 4 districts of central Uganda. Through enhancing capacity of health workers, community resource persons and care givers to identify and manage children with disabilities, building a bi-directional community-facility referral system and provision of key assistive devices, Mildmay has seen many children's hope restored and their lives improved.

Allen Namuyaba was 17 years of age when she gave birth to her first born in 2016 at Kikandwa HCIII, Mubende District. It was all joy and jubilations for the first 24 hours, and then something which left the baby disabled happened.

Two and half years on, Lucy would sleep in one position, could not speak, sit, stand or walk and could only feed on liquids. Identified by a Village Health Team (VHT) from Kiganda HC III, Lucy was referred and received an assistive device that has helped improve her life. In the support group, Allen has learnt a lot including how to support Lucy to cope with social challenges with peers.

"We are forever grateful to PORTICUS for the support in identifying our child and offering support," Lucy's father says. "We had lost hope, we were the talk of our village, but right now, our girl is getting better and better and we are certain she will enroll for school very soon."

PUTTING THE GIRL CHILD AT THE CENTER OF HIV FIGHT





2,227

Young girls received
a full DREAMS
package

240,305

Young girls and their
caregivers reached with
GBV & VAC prevention

13,926

Were served with
social Economic
strengthening
package.

Girls and young women account for 74% of new infections in sub-Saharan Africa. In Uganda where 1.4 million people are living with HIV, adolescent girls and young women in particular are disproportionately affected with 500 getting infected every week. Prevention of HIV infection in adolescent girls and young women (AGYW) remains critical to end HIV agenda. The issues faced by this demographic include gender-based violence (including sexual abuse) and a lack of access to education, health services, social protection, and information about how they cope with these inequities and injustices. Violence remains the highest risk factor with young women who have experienced intimate partner violence being 50% more likely to have acquired HIV than women who have not experienced violence.

Mildmay Uganda is working with communities in 4 districts of central Uganda to change this tide using the Determined Resilient Empowered Aids free, Mentored & Safe (DREAMS) initiative that's supported by CDC/PEPFAR. Dreams is a package of evidence based biomedical, social and economic interventions offered to AGYW aged 10 – 24 years with the aim of reducing HIV Incidence.

"We have our lives in our control now" Janet beaming with joy. Janet and her 5 friends in a group have had their lives turned following enrollment onto the DREAMS program.

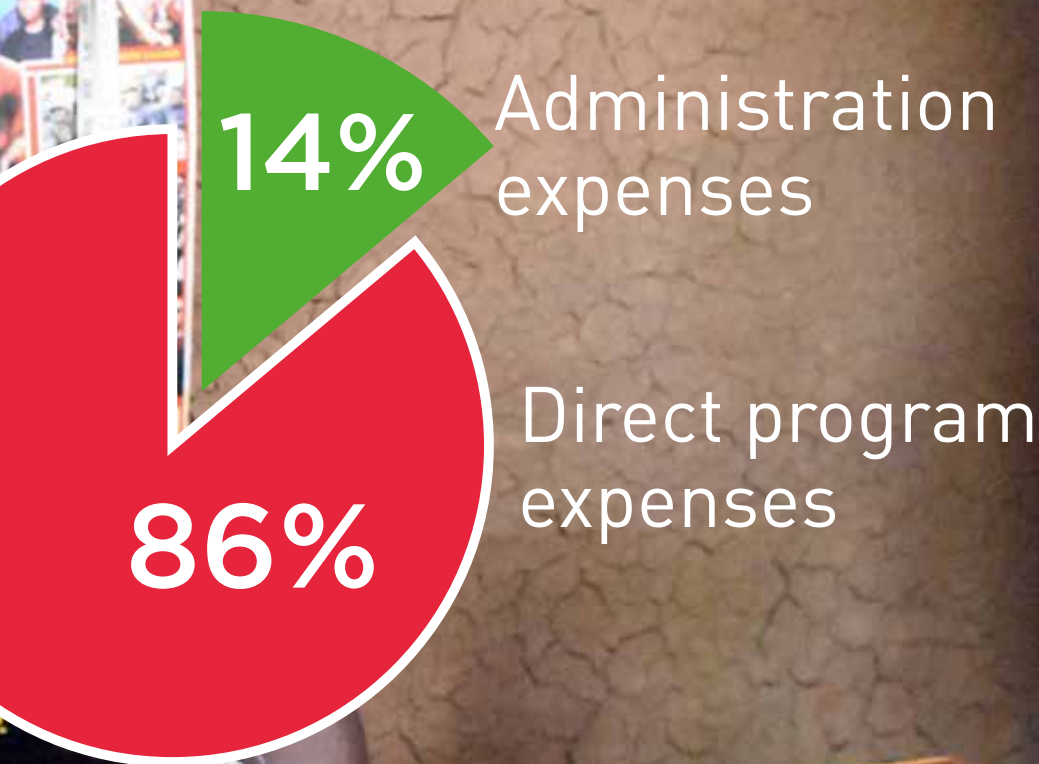
Janet was tested for HIV at the Mildmay Uganda supported DREAMS safe space at Nama, in Mityana district. "I couldn't believe what the health worker told me," Janet explodes with excitement. "Janet you are HIV negative. "Olimulamumu" - locally translated as you are alive. This was Janet's turning point. She committed to be at the safe space and was enrolled into the program. While at the Center, Janet received key vocational skills and life skills. Through the vocational and agricultural skills gained from DREAMS, Janet has set up a home vegetable garden, goats and she is hopeful that this will improve her income and the home. "I can now afford necessities. I can't go back to 'enjoying life' on the streets," Janet adds.

Janet's life has totally changed. She now speaks to other girls and young women about how to make right choices. Her inspiring story has impacted many girls in the community. She is a role model to both girls and boys in the community and is referred to as a mentor by many in her community, a value she attributes to DREAMS



Credit: Mildmay Uganda

COST OF OUR RESPONSE



For only \$ 15 invested in our low cost high impact innovations, one disability adjusted life year is averted



**MILDMAY
UGANDA**

Communities Transformed for Sustainable Health

Customer Care:

 **0800920202**

Ambulance Services:

 **0755317327**

Patient Helpline:

 **0778603440**


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**OUR
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